

## CLAIMS

1. A flotation device for water aerobics comprising a single piece of foam shaped to form a main central member having positive buoyancy and a pair of float arms having positive buoyancy, wherein each float arm terminates in a handle, wherein the foam arms of the device attached to the main central member may bend flexibly according to the motion of a user's arms.
2. The flotation device of claim 1, wherein the arms have more buoyancy than the attached surrounding pair of float arms.
3. The flotation device of claim 1, wherein the handles are formed of a slot through the arm member of the buoyant foam material.
4. The flotation device of claim 1, wherein the arm members are flexible and connect to each other via the main central member, wherein a user holding the arm members by the handles and resting her head on the central member may perform a variety of water aerobic exercises.
5. A flotation device for water exercises comprising a main central member forming a headrest; a left arm member protruding to the left from the main central member; and a right arm member protruding to the right from the main central member, the main central member formed to support a user's neck and head, wherein the left and right arm members form a handle at their ends allowing a user to grasp the left and right ends of the left and right arm members.
6. The flotation device of claim 5, wherein the arms have more buoyancy than the attached surrounding pair of float arms.
7. The flotation device of claim 5, wherein the handles are formed of buoyant foam material.
8. The flotation device of claim 5, wherein the arm members are flexible and connect to each other via the main central member, wherein a user holding the arm members by the handles and resting her head on the central member may perform a variety of water aerobic exercises.